

**Short and Long Week Calculations** (rounded to nearest 0.5 oz eq and 0.25 cup)

*\*Applies to schools who regularly operate on a shorter or longer weekly cycle*

\*Since the dietary specifications are based on average daily amounts, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)

\*\*Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical.

Therefore, adjustments are primarily made to the "Additional Vegetable" category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement.

**Three Day School Week Meal Component Adjustments**

<b>3-day School Week- Breakfast</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits</b> (cups)	3 (1)	3 (1)	3 (1)
<b>Grains</b> (oz eq)	4-6 (1)	5-6 (1)	5.5-6 (1)
<b>Fluid Milk</b> (cups)	3 (1)	3 (1)	3 (1)

<b>3-day School Week- Lunch</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits</b> (cups)	1.5 (0.5)	1.5 (0.5)	3 (1)
<b>Vegetables</b> (cups)	2.25 (0.75)	2.25 (0.75)	3 (1)
<b>Dark Green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.5	0.5	1
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.25	0.25	0.5
<b>Additional Veg to Reach Total</b>	0	0	0
<b>Grains</b> (oz eq)	5- 5.5 (1)	5-6 (1)	6-7 (2)
<b>Meats/Meat Alts</b> (oz eq)	5-6 (1)	5.5-6 (1)	6-7 (2)
<b>Fluid Milk</b> (cups)	3 (1)	3 (1)	3 (1)

### Four Day School Week Meal Component Adjustments

<b>4-day School Week- Breakfast</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits (cups)</b>	4 (1)	4 (1)	4 (1)
<b>Grains (oz eq)</b>	5.5-8 (1)	6.5-8 (1)	7-8 (1)
<b>Fluid Milk (cups)</b>	4 (1)	4 (1)	4 (1)

<b>4-day School Week- Lunch</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits (cups)</b>	2 (0.5)	2 (0.5)	4 (1)
<b>Vegetables (cups)</b>	3 (0.75)	3 (0.75)	4 (1)
<b>Dark Green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.75	0.75	1.25
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.5	0.5	0.75
<b>Additional Veg to Reach Total</b>	0.25	0.25	0.5
<b>Grains (oz eq)</b>	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
<b>Meats/Meat Alts (oz eq)</b>	6.5-8 (1)	7-8 (1)	8-9.5 (2)
<b>Fluid Milk (cups)</b>	4 (1)	4 (1)	4 (1)

### Six Day School Week Meal Component Adjustments

<b>6-day School Week- Breakfast</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits (cups)</b>	6 (1)	6 (1)	6 (1)
<b>Grains (oz eq)</b>	8.5-12 (1)	9.5-12 (1)	11-12 (1)
<b>Fluid Milk (cups)</b>	6 (1)	6 (1)	6 (1)

<b>6-day School Week- Lunch</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits (cups)</b>	3 (0.5)	3 (0.5)	6 (1)
<b>Vegetables (cups)</b>	4.5 (0.75)	4.5 (0.75)	6 (1)
<b>Dark Green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.75	0.75	1.25
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.5	0.5	0.75
<b>Additional Veg to Reach Total</b>	1.75	1.75	2.5
<b>Grains (oz eq)</b>	9.5-11 (1)	9.5-12 (1)	12-14.5 (2)
<b>Meats/Meat Alts (oz eq)</b>	9.5-12 (1)	11-12 (1)	12-14.5 (2)
<b>Fluid Milk (cups)</b>	6 (1)	6 (1)	6 (1)

### Seven Day School Week Meal Component Adjustments

<b>7-day School Week- Breakfast</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits</b> (cups)	7 (1)	7 (1)	7 (1)
<b>Grains</b> (oz eq)	10-14 (1)	11-14 (1)	12.5-14(1)
<b>Fluid Milk</b> (cups)	7 (1)	7 (1)	7 (1)

<b>7-day School Week- Lunch</b>	<b>Grades K-5 Weekly (daily)</b>	<b>Grades 6-8 Weekly (daily)</b>	<b>Grades 9-12 Weekly (daily)</b>
<b>Fruits</b> (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
<b>Vegetables</b> (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
<b>Dark Green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.75	0.75	1.25
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.5	0.5	0.75
<b>Additional Veg to Reach Total</b>	2.5	2.5	3.5
<b>Grains</b> (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
<b>Meats/Meat Alts</b> (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
<b>Fluid Milk</b> (cups)	7 (1)	7 (1)	7 (1)